

ABSTRACT OF THE DISCLOSURE

A binding to retain a boot on a gliding or rolling apparatus, such as a snowboard, ski, or roller skate. The binding includes a linkage that connects first and second flanges. The linkage includes a first band attached to the first flange, and a tightening device attached to the second flange. An abutment of the binding is fixed to the first band toward a free end of the band, so as to be located on the other side of the tightening device with respect to a fastening end of the band, thus preventing a separation of the first band and of the tightening device.